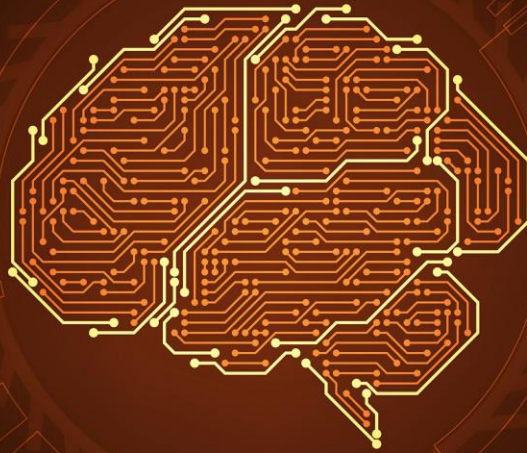


MOTHERBOARD



MAY '18

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The Motherboard Service:

The Motherboard Service is a monthly publication issued by Syphus Training, LLC as a guide for the suggested workouts for that month. Users will have access to the most current month's list of workouts as well as a Modification Index which is a list of all Syphus Training's tasks.

The published information and workouts are proprietary information of Syphus Training, LLC and are meant to be a general template for a given day's workout. The contents of each workout include the day's circuits and tasks. These tasks may be modified by each Turf owner (Licensee) to suit the needs and desires of their members. **The success of Syphus Training is based on the gamification scoring and stat-tracking systems in place and the accuracy of the scoring will differ greatly if the proper modifications for a task are not made in accordance to the Modification Index.** Any modifications to a day's workout should be made at the sole discretion of the Turf owner (Licensee), and not by the customer, unless approved by the designated Syphus Training PRO.

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Any updates or changes to the Motherboard workouts or the Modification Index will be posted on www.syphustraining.com under the News Tab and will be shared to the Syphus Training corporate's Facebook page.

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PAGE 44.....THE SYPHER



MAY 2018 SCHEDULE



Date	Workout	Slope	Date	Workout	Slope
5/1	SERPENT	33	5/16	MOLE HILLS =ATERAL MTN4	17
5/2	XPP ROAD RUNNER	36	5/17	EL CYCLE2 MESA ANDI	14
5/3	MTN3 XION2 U(2)	24	5/18	CENTAUR3 XION2 CROSS-FIRE	30
5/4	MAY THE FOURTH	19	5/19	THE RAPTURE	32
5/5	CINCO DE MAYO	35	5/20	REPTILIAN CHAOS EVERY OTHER GAUNTLET FADED	27
5/6	MTN2 EXPANDING CROSS-FIRE	29	5/21	LABYRINTH	42
5/7	FORM FIRST CHUCK-IT	37	5/22	MTN3 VERTEX CHECKLIST to CENTAUR2	32
5/8	UPLIFT ZENITH REPTILIAN	19	5/23	HUNTER GATHERER	NA
5/9	REV MTN3 XION CENTAUR2X2	26	5/24	BW MESA GLUED PLATE INTERRUPTED GROUNDED 4	54
5/10	CAVITY = HYBRID2 CHECKLIST(3)	24	5/25	=IBRIDOUS VOYAGE FILLING	16
5/11	MTN2 MURDER MT. NEVEREST	26	5/26	XION LISTS	42
5/12	RETURN TO THE HIVE	24	5/27	MT. NEVERLIST CHASM TWISTED GAUNTLET	28
5/13	CHECKLIST(2) FADED2 CEPTILIAN2	29	5/28	MEMORIAL DAY WORKOUT	15
5/14	ACCESS LARGE MATTERHORN	47	5/29	MTN2 MID-REPTILIAN2 MATTERHORN	10
5/15	RIPPLED U-TURN MATTERHORN	37	5/30	EL CYCLE = CHECKLIST(3) REV MTNS	24
			5/31	CROSS-FUSION VERTEX RIPPLED	32

Slope: Difficulty ranking from 1-50. 1 has generally "easier" tasks often yielding lower scores, while 50 has "harder" tasks for higher scores.



HOW TO READ THE MOTHERBOARD

The date of this Motherboard and the SLOPE difficulty rating.

Circuit title.

EQUALATERAL

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. HIGH Xs
3. TOES (20) + RUN
4. SL GORGON (8) + RUN
5. YIKES

HYBRID2

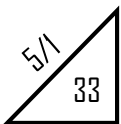
1. ALT. SQUONQ
2. RAMBO (10) + RUN
3. BANDIT (20) + RUN
4. CYCLONE (12) + TZN
5. BOULDER

1,1
1,1,2,2
1,1,2,2,3,3
1,1,2,2,3,3,4,4
1,1,2,2,3,3,4,4,5,5

MESA2

1. BONSAI 3-1-4-2-4-1
2. V-STEP MADNESS
3. TARASQ
4. MONKEY
5. XPP
6. CURL WALK
7. BOVINE
8. GATOR TO 3

Circuit keys noted in smaller font and or the Circuit Glossary.



SLOPE

SERPENT

CREDIT: WORKOUT BY JEN DEMERCURIO

1

2

3

4

11, 22, 33, 44
44, 33, 22, 11
CENTAUR2
U-TURN

1
1,2
1,2,3 **MTN**
1,2,3,4

1-3
2-4 **MESA**

1-4
2-4
3,4
4 **FADED**

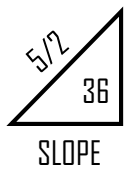
1,2,1,3,4
4,3,4,2,4,1
2,3, =**ATERAL**
3,2

PUSH, TASK
PUSH, TASK...
GAUNTLET

NAVIGATE THIS WORKOUT BY PERFORMING EACH CIRCUIT BY STARTING WITH THE CENTAUR2 AND WORKING DOWN BY ROW. NOTE THAT EACH COLUMN IS NUMBERED TO REFLECT THE TASK NUMBER OF EACH CIRCUIT.

IF YOU'RE ABLE TO COMPLETE EACH CIRCUIT, SLAY THE SERPENT BY SNAKING YOUR WAY THROUGH THE GRID IN A CHECKLIST MANNER STARTING IN THE UPPERMOST LEFTHAND CORNER WORKING DOWNWARD. FOLLOW THE PATH OF THE SNAKES.

SHUFFLE	SQ. JUMP (10) + RUN	SWAGGIN 1:1	HIKES
YETI	RAMBO (10) + RUN	PUSH UP (10) + RUN	POGOTO (6) + TZN
SLAP JACK	TWISTED	HALO 2-1-3-1-4-1	REV B.N.C.
CROOK	HANG (10) + RUN	B.O.R. (15) + TZN	POTTY SHOT
SKUFFLE	SL TOES (20) + RUN	SKULLS (10) + TZN	INCH WORM
TWEAKER	W. STAT LUNGE (8) + TZN	CURL MADNESS3	ANACONDA



1
1.2
1.2,3
1.2,3,4

MTN

- 1. SUICIDE 2-1-3-1-4-1**
- 2. TOES (20) + RUN**
- 3. SWAGGIN 1:1**
- 4. W. CROOK**

PERFORM WARM-UP MTN.

THEN DO AN XPP TO LINE 4, LEAVE
THE PLATE THERE.

SPRINT BACK TO LINE 1, THEN
BACK TO YOUR PLATE AT LINE 4.

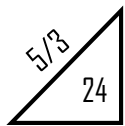
PUSH THE PLATE BACK.

PERFORM THE TASK LISTED.

REPEAT FOR EACH TASK.

XPP ROAD RUNNER(2)

- 1. REV BULLDOG**
- 2. TURKEY**
- 3. HIKES**
- 4. TIPPY-TAP**
- 5. AMAROK**
- 6. STROW 1:1**
- 7. B. LUNGE**
- 8. BOVINE**
- 9. MIEL'S WHEELS**
- 10. ARACHNID**
- 11. HALO 2-1-3-1-4-1**
- 12. TRIFECTA 6+**
- 13. WICCA**
- 14. BUCKS**
- 15. MASTODON**
- 16. KOBOLD**
- 17. STAMPEDE**
- 18. WARRIOR**
- 19. APE SHOOT!**
- 20. C.H.B.**
- 21. ALI 22+**
- 22. SPIDOTO**
- 23. BOULDER**
- 24. OFFERING**
- 25. REV HYDRA**



SLOPE

MTN3

- 1-3
- 1-6
- 1-9
- 1-12

1. QUICK FT. (20) + RUN
2. TYSON
3. MOGUL (20) + RUN

4. BULLY
5. POTTY SHOT
6. SQ. JUMP (10) + RUN

7. RAMPANT (10) + RUN
8. TROG
9. PISTON (10) + TZN

10. ALT. SQUONQ
11. PROWLER (1)
12. MIEL'S WHEELS

XION2

- 1, AA
- 1,2, BB
- 1,2,3, CC
- 1,2,3,4, DD
- 1,2,3,4,5, EE

1. LYCAN (10) + RUN
2. GRIFTER (8) + SA PP
3. SAWED OFF (10) + TZN
4. PUSH UP (10) + RUN
5. SKATES

- A. 0-PINNED 2-1-3-1-4-1
- B. SWAGGIN 1:1
- C. BOVINE
- D. JAGGER (12) + RUN
- E. JACK BOX

U(2)

- 1-8, 8-1
- 1-8, 8-1

1. MONGOOSE
2. BONSAI 3-1-4-2-4-1
3. RIBBITS (10) + RUN
4. MANTIS (8) + RUN
5. CURL WALK 6+
6. JACK-ASS
7. 3 PT. STANCE
8. NEAPOLITAN



SLOPE

- 1,2,3,4
- 1,2,3,4
- 1,2,3,4
- 1,2,3,4
- 1,2,3,4

- 1-4
- 1-8
- 1-12

MTN4

CREDIT: WORKOUT BY JOE MILITELLO

1. BONSAI 3-1-4-2-4-1

2. TWO-STEP (20) + RUN

3. HOT COALS (10) + RUN

4. SPEED SKATES (20) + RUN

5. SWAGGIN 1:1

6. TRIFECTA 6+

7. MIEL'S WHEELS

8. TWINKLE TOES (30) + TZN

9. F. LUNGE

10. POTTY SHOT

11. TWINE

12. BUCK UPS

LIGHT SIDE

1. PINNED 2-1-3-1-4-1

2. WARRIOR

3. CONQUISTADOR

4. JABBERWOCKY

TZN

STAMPEDE

THRASHER

JIGGY (10) + RUN



- 1,2,3,4
- 1,2,3,4
- 1,2,3,4
- 1,2,3,4
- 1,2,3,4

1. BEAR

2. B.N.C.

3. SHUFFLE

4. MOGULS (20) + RUN

DARK SIDE

QUADZILLA

INCH WORM

W. CROOK

MOGUL PUSH

TAUNTAUN
TASK
TAUNTAUN
TASK...

TAUNTAUN GAUNTLET

1. FROZEN PIPES (3/:8)

2. CYCLONE (12) + TZN

3. ANTEATER

4. PARATROOP (10) + RUN

5. KAMIKAZE 4-3-4-2-4-1-4-1

6. SKY HIGH 4-1

7. TRIPTYCH

8. REV GREMLIN

9. MONTAUK

10. GREGORIAN (8) + RUN

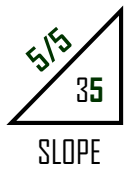
11. MUKWONAGO

12. TIPPY-TAP

13. REV B.N.C.

14. TAKE OFF!

15. LT. DAN



1-5
1-5
1-5

CHECKLIST (3)

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. V-STEP (10) + RUN
4. HIKES
5. STAT. SWAG (20) + TZN

1-5, 5-1
2-4, 4-2
3, 3

EL CYCLE

1. SUPP MADNESS 5
2. CYCLONE (12) + TZN
3. BANDIT (20) + RUN
4. VEXED (10) + RUN
5. VITRIOL

1
1,2
1,2,3
1,2,3,4
1,2,3,4,5

CINCO DE MAYO

MTN

1. VIP (10) + RUN
2. ALT SQUONQ
3. CURL PRESS 5+
4. REV VIPER
5. SLAMSTRUNG

5 CIRCUITS
5 TASKS EACH
SLOPE OF 35
MANY TASKS WITH 5 REPS
V-STEP TASKS (ROMAN
NUMERAL FOR 5)

VENOM
TAASK
VENOM
TASK...

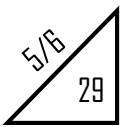
VENOM GAUNTLET

1. BUCKS
2. APE SHOOT!
3. FROZEN LUNGE 5
4. B.O.R. (15) + TZN
5. SKULLS (10) + TZN

VERTEX

1
1,2,2
1,2,3,3,3
1,2,3,4,4,4,4
1,2,3,4,5,5,5,5,5

1. VIPER
2. FANGS (5) + PUSH
3. POTTY SHOT
4. PRIMATES 4-1-3-1-2-1
5. VEXUM



SLOPE

MTN2

1,2
1-4
1-6
1-8
1-10

1. QUICK FT. (20) + RUN

2. EN GARDE

3. BULLY

4. TOES (20) + RUN

5. MIEL'S WHEELS

6. TROG

7. HALD 2-1-3-1-4-1

8. BULLDOG

9. X PP

10. JACKAL

EXPANDING MTN

5,6
4-7
3-8
2-9
1-10

1. GRECO

2. TURKEY

3. NEAPOLITAN

4. TYSONS

5. MANTIS (8) + RUN

6. RIBBITS (10) + RUN

7. JIGGY (20) + RUN

8. PINNED 2-1-3-1-4-1

9. SKY HIGH 4-1

10. REV SCORPION TO 3/BACK

CROSS-FIRE

1. HOT COALS (10) + RUN

2. CHICKIN 2-1-3-1-4-1

3. LYCAN UP (10) + RUN

4. YETI

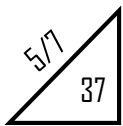
5. ANACONDA

1A, 1B, 1C
2A, 2B, 2C
3A, 3B, 3C
4A, 4B, 4C
5A, 5B, 5C

A. SPIKES

B. REV BEAR

C. SHOT PUT



SLOPE

THIS FORM FIRST WORKOUT WILL HELP YOU DIFFERENTIATE BETWEEN TWO SIMILAR TASKS. EACH TASK IS PAIRED WITH ANOTHER TO HIGHLIGHT SIMILARITIES IN STATIONARY MOVEMENTS VS. TRAVELING OR SUBTLE NUANCES BETWEEN TWO.

PERFORM AS A CHECKLIST THE FIRST TWO TIMES THROUGH. UPON THE THIRD TIME, "CHUCK" ALL THE 2s LEAVING YOU WITH A CHECKLIST OF ONLY THE 3s AND 4s. THE FINAL TIME THROUGH YOU'LL CHECKLIST THE 4s.

FORM FIRST CHUCK-IT

- 2 SHUFFLE
- 2 EN GARDE
- 2 SKUFFLE
- 3 RAMPANT (10) + RUN
- 3 BULLDOZER
- 2 QUICK FEET (20) + RUN
- 4 ALI 22+
- 2 3 PT. STANCE
- 2 SPIKES
- 4 YETI
- 2 AMAROK
- 3 SQUONQ
- 4 SQUIBBLE
- 2 MONKEY
- 4 MONGOOSE
- 3 TROG
- 2 TARASQ
- 3 0-PINNED 2-1-3-1-4-1
- 3 0-B.O.R. (10) + TZN
- 2 GORGON (8) + RUN
- 2 POGOTO (6) + TZN
- 3 JACKALOPE
- 4 SLAP JACK
- 2 SPEED SKATES (20) + RUN
- 4 REV BEAR
- 2 GIMPY DOG
- 2 SL BOULDER
- 2 RAMPAGE (12) + RUN
- 3 RAZOR
- 2 YAK
- 2 MASTODON
- 2 MONTAUK
- 3 B.N.C.
- 2 RDL (8) + TZN
- 2 KITCHEN SINK (10) + TZN

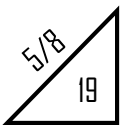
SYPHUS TRAINING CHANNEL

- PROMO VIDEOS
- TOURNAMENT INFO
- ANNOUNCEMENTS
- WORKOUT CLIPS
- MOTIVATIONAL MATERIAL

THE MOST IMPORTANT TASK IS THE ONE YOU'RE ON

MIKE HACKETT CHANNEL

- FORM FIRST PODCAST FEATURING CO-HOST JOE MILITELLO AND VARIOUS GUESTS
- WEEKLY FORM DEMOS
- PERSONAL POSTS FROM MIKE HACKETT



SLOPE

- 1.
- 1,2,1
- 1,2,3,2,1
- 1,2,3,4,3,2,1
- 1,2,3,4,5,4,3,2,1

UPLIFT

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. ALI 22+
4. W. GREMLIN
5. CUJO Ⓛ

- 1,2
- 1,2,3,3,4,4
- 1,2,3,3,4,4,5,5,5,6,6,6,6
- 1,2,3,3,4,4,5,5,5,6,6,6,7,7,7,7,8,8,8,8

ZENITH

1. REV PLATE PUSH 1X
2. FROGS 1X

3. 45° 2X
4. K.O.D. (20) + TZN 2X

5. RAMBO (10) + RUN 3X
6. SKY HIGH 4-1 3X

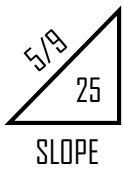
7. SA PP 4X
8. HIKES 4X

- 1-5, 6A
- 1-5, 6B
- 1-5, 6C
- 1-5, 6D

REPTILIAN

1. PUSH UPS (10) + RUN
2. W. KOBOLD
3. RESURRECTION
4. COALITION (10) + TZN
5. GALLOW 2-1-4-3-4-1

- 6A. INCH WORM
- 6B. REV INCH WORM
- 6C. 313
- 6D. REV 313



1-12
1-9
1-6
1-3

REV MTN3

1. QUICK FEET (20) + RUN
2. V-STEP (10) + RUN
3. SKIPS

4. SWAGGIN 1:1
5. STAT TYSON (20) + RUN
6. PLATE SHAKE 9+

7. BANDIT (20) + RUN
8. STAMPEDE
9. GORGON (8) + RUN

10. SQ. JUMP (10) + RUN
11. REV GROWLER
12. SLING SHOT 3-2-4-2-3-1

1. A
1.2. B
1.2.3. C
1.2.3.4. D
1.2.3.4.5. E

1. MONKEY
2. TIP-TOES (20) + RUN
3. MOGUL (20) + RUN
4. DELAURA
5. O-PINNED 2-1-3-1-4-1

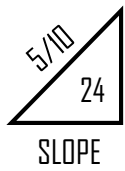
XION

- A. KAMIKAZE 4-3-4-2-4-1-4-1
- B. ENFORCER
- C. BOVINE
- D. SPIDOTO
- E. HANG (10) + RUN

CENTAUR 2X2

11, 22, 33... THROUGH 10,10
REPEAT

1. PEG LEG (8) + RUN
2. MONGOOSE
3. OFFERING
4. SL OGRE'S (10) + TZN
5. POTTY TO BULLDOG
6. TROG
7. SL TOES (20) + RUN
8. OZARK
9. BONSAI 3-1-4-2-4-1
10. GIMPY DOG



1-8
1-3, 6-8
1,2, 7,8
1,8

CAVITY

A.

1. SHUTTLE RUN 3-2-4-2-3-1
2. SWAGGIN 1:1
3. TYSONS
4. STAMPEDE
5. LYCAN (10) + RUN
6. PINNED 2-1-3-1-4-1
7. TROMBONE 6+
8. RAMPANT (10) + RUN

1,2,1,3,1,4,1,5,1,6
2,3,2,4,2,5,2,6
3,4,3,5,3,6
4,5,4,6
5,6

EQUALIBRIOUS

B.

1. SQUONQ
2. SQ. JUMP (10) + RUN
3. BUCKS
4. DGRE (10) + TZN
5. VIP (10) + RUN
6. PUSH UP (10) + RUN

1,1
1,1,2,2
1,1,2,2,3,3
1,1,2,2,3,3,4,4

HYBRID2

C.

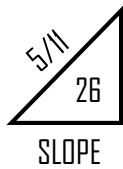
1. W. CROOK
2. TWO-STEP (20) + RUN
3. GRECO
4. PRIMATES 4-1-3-1-2-1

1-8
1-8
1-8

CHECKLIST(3)

D.

1. ROW STROLL 6+
2. JACK-ASS
3. HIGH Xs
4. CURL WALK 6+
5. C.H.B.
6. MOGUL PUSH
7. SHALO 1:1
8. GALLOW 2-1-4-3-4-1



- 1-2
- 1-4
- 1-6
- 1-8
- 1-10

MTN2

1. QUICK FEET (20) + RUN
2. SKATES
3. SKIPS
4. ALI 22+
5. RAMPAGE (12) + RUN
6. MT. CLIMB (20) + RUN
7. WIDE PISTON (10) + TZN
8. SKULLS (10) + TZN
9. GARGOYLE
- 10 HALO 2-1-3-1-4-1

OUR REDRUM CIRCUIT STARTING WITH THE
REVERSE TASK IS...MURDER?
PERFORM THE REVERSE TASK TO 4
PERFORM THE FORWARD TASK TO 1
REPEAT TO COMPLETE 1 FULL TASK OF EACH

MURDER

- | | |
|-------------------|------------|
| 1. REV BEAR | BEAR |
| 2. DIABLO | BULLDOZER |
| 3. B. LUNGE | F. LUNGE |
| 4. REV GREMLIN | GREMLIN |
| 5. TORO | THRASHER |
| 6. REV PLATE PUSH | WALRUS |
| 7. HIKES | POTTY SHOT |
| 8. BUTT KICKS | HIGH KNEES |
| 9. WICCA | WARLOCK |
| 10. REV INCH WORM | INCH |

CREDIT: CIRCUIT IDEA BY CATHY FERRARA

- 1
- 1,22
- 1,22,333
- 1,22,333,4444
- 1,22,333,4444,55555

MT. NEVEREST

- 1X BONSAI 3-1-4-2-4-1
- 2X SHWAGGIN 1:1
- 3X BULLDOG
- 4X MIEL'S WHEELS
- 5X DELAURA



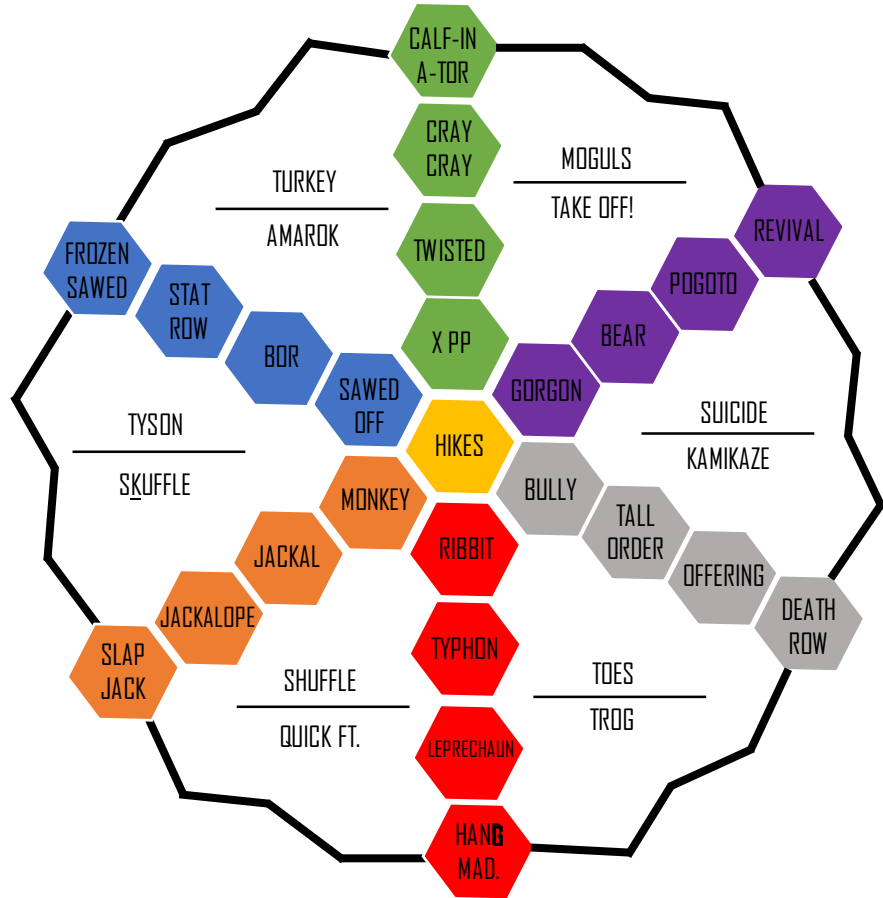
SLOPE

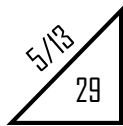


STARTING WITH SUICIDE WORKING IN A CHECKLIST MANNER CLOCKWISE, SWARM THE HIVE FOR A WARM UP. ONLY DO THE TASK ABOVE THE LINE.

THEN ENTER THE HIVE AT HIKES. WORK YOUR WAY OUT OF THE HIVE BY DOING MTNS WITH YOUR HIKE AS THE BASE TASK FOR ALL MTNS. WORK CLOCKWISE STARTING WITH HIKES to GORGON. AFTER EACH REVOLUTION AROUND THE HIVE YOU'LL ADD ANOTHER LAYER TO YOUR MTN. PERFORM EVERY TASK THROUGH THE MTN, DO NOT SKIP.

IF YOU FINISH THE LAST TASK (CALF-IN-ATOR) EXIT THE HIVE AND SWARM THE HIVE AGAIN BY COMPLETING THE EXTERIOR TASKS UNDER THE LINES IN A CHECKLIST PATTERN.





SLOPE

1-12
1-12

CHECKLIST(2)

1. BONSAI 3-1-4-2-4-1
2. SHUFFLE
3. HOT COALS (10) + RUN
4. TYSONS
5. RIBBITS (10) + RUN
6. JIGGY (20) + RUN
7. PLATE SHAKE 9+
8. X PP
9. B.N.C.
10. MONGOOSE
11. APE SHOOT!
12. STAT SQUAT (10) + RUN

1-10
3-10
5-10
7-10
9-10

FADED2

1. SL BUCKS
2. SCORPION TO 3/BACK

3. VEXUM
4. TARASQ

5. CURL PRESS 5+
6. EN GARDE

7. GRIFTER (8) + SA PP
8. MANTIS (8) + RUN

9. SHOT PUT
- 10 KAMIKAZE 4-3-4-2-4-1-4-1

1,1,2,2,3,3,4,4,5A
1,1,2,2,3,3,4,4,5B
1,1,2,2,3,3,4,4,5C
1,1,2,2,3,3,4,4,5D

CEPTILIAN2

1. GALLOW 2-1-4-3-4-1
2. CHICKIN 2-1-3-1-4-1
3. BANDIT (20) + RUN
4. YETI

-
- 5A. SL INCH
 - 5B. MIM 3-2-4-2-3-1
 - 5C. RAZOR
 - 5D. ENFORCER



SLOPE

THIS NEW CIRCUIT BLENDS A CAVITY AND SHRINKING MTN. THINK OF IT AS TWO SHRINKING MTNS STACKED ON TOP OF ONE ANOTHER. IT MAY BE ADVANTAGEOUS FOR YOUR TURF TO JUST USE THE COLOR CODED LETTERS AND NOT NUMBERS.

PERFORM AS A CHECKLIST

REMOVE ALL THE **As**

PERFORM REMAINING AS A CHECKLIST

REMOVE ALL THE **Bs**

PERFORM REMAINING AS A CHECKLIST

REMOVE ALL THE **Cs**

PERFORM REMAINING AS A CHECKLIST

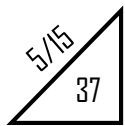
ABCESS

- A.** 1. SUICIDE 2-1-3-1-4-1
- B.** 2. SKATE
- C.** 3. SWAGGIN 1:1
- D.** 4. V-STEP (10) + RUN
- D.** 5. MIEL'S WHEELS
- C.** 6. CURL WALK 6+
- B.** 7. SUE-STEP (20) + RUN
- A.** 8. B.O.R. (15) + TZN
- A.** 9. TIP-TOES (20) + RUN
- B.** 10. POTTY SHOT
- C.** 11. ABD. MANTIS (8) + RUN
- D.** 12. BOVINE
- D.** 13. OGRE (10) + TZN
- C.** 14. BUCK UPS
- B.** 15. SL BRDG SKULLS (10) + TZN
- A.** 16. INCH WORM

MATTERHORN OR CHAOS? EITHER WAY JUST PERFORM THIS AS A CHECKLIST DOING EACH TASK THE NUMBER OF TIMES NOTED.

LARGE MATTERHORN (2)

- 1 QUICKSAND** Ⓛ
 - 1 MONGOOSE**
 - 1 PEG LEG (8) + RUN**
 - 1 DECALF**
 - 3 SQUONQ**
 - 3 VEXUM**
 - 3 HIKES**
 - 3 MOGULS (20) + RUN**
 - 1 JIGGY (20) + RUN**
 - 1 CRAZY LEGS**
 - 1 APE SHOOT!**
 - 1 SLAMSTRUNG**
 - 2 PUSH UP (10) + RUN**
 - 2 TYSON**
 - 2 FLYING JACKAL**
 - 2 SHOT PUT**
- START OVER IF COMPLETED IX



SLOPE

RIPPLED

1,2,3,3
2,3,4,4
3,4,5,5
4,5,6,6
5,6,7,7
6,7,8,8
7,8,9,9
8,9,10,10

1. TOES (20) + RUN
2. TURKEYS
3. STAMPEDE
4. PLATE SHAKE 9+
5. VENOM
6. SQUONK
7. DEATH ROW 2-1-3-1-4-1
8. F. LUNGE
9. CRAISE (20) + TZN
10. BAYOK (6) + RUN

1-12
12-1

U-TURN

1. FLAMINGO (6) + TZN
2. HANG (10) + RUN
3. EXPLOSIONS
4. BENCHED (30) + TZN
5. POTTY SHOTS
6. HOT COALS (10) + RUN
7. JESTER
8. CYCLONE (12) + TZN
9. JACKALOPE
10. RIBBITS (10) + RUN
11. HELLION
12. BONSAI 3-1-4-2-4-1

PERFORM AS A
CHECKLIST DOING
EACH TASK NUMBER
OF TIMES NOTED.
PATTERN IS UNIFORM
THROUGHOUT.

MATTERHORN

- 2 TARASQ
- 2 MONGOOSE
- 1 NEAPOLITAN

- 2 TYSONS
- 2 MIEL'S WHEELS
- 1 THRASHER

- 2 HAG 1:1
- 2 ANTEATER
- 1 313

- 2 SWAGGIN 1:1
- 2 GARGANTUAN
- 1 JOHNNY APPLESEED

- 2 VIPER
- 2 HALD 2-1-3-1-4-1
- 1 GARGOYLE



MOLE HILLS

1. EN GARDE

2. SKIPS

3. W. GREMLIN

1. SKUFFLE

2. VEXUM

3. BULLY

1. HIKES

2. BULLDOG

3. RAZOR

1. TRIFECTA 6+

2. APE SHOOT!

3. B. LUNGE

1. MONTAUK

2. SA PP

3. TYPHON

1
1,2
1,2,3
1
1,2
1,2,3...

1, 2, 1, 3, 1, 4, 1, 5
5, 4, 5, 3, 5, 2, 5, 1
2, 3, 2, 4
4, 3, 4, 2
3

=ATERAL

1. KOBOLD

2. HYDRA

3. HIGH Xs

4. AMAROK

5. PINNED 2-1-3-1-4-1

MTN4

1. MONGOOSE

2. ALI 22+

3. SPEED SKATES (20) + RUN

4. BUZZARD

5. PABLO

6. STACK SHOT

7. GALLOW 2-1-4-3-4-1

8. JIGSAW

9. BOULDER

10. W. CROOK

11. SWAGGIN 1:1

12. BULLDOZER

13. OZARK

14. YETI

15. BANDIT (20) + RUN

16. JABBERWOCKY

1-4
1-8
1-12
1-16

SYPHUS SALUTATIONS



STRETCH YOUR TIRED
JUNKIE MUSCLES
WITH A 60 MINUTE
VINYASA FLOW
SESSION!

EVERY TUESDAY
@ 11:30AM

SIGN UP
NOW ON
MINDBODY!

\$10- SYPHUS
MEMBERS

\$15 - NON MEMBERS

PAY AT DOOR
BYO MAT

SYPHUS TRAINING MOTHERSHIP
20012 E 9 MILE RD, ST CLAIR SHORES

GOT AN ANNOUNCEMENT OR EVENT YOU
WOULD LIKE TO PROMOTE?

THE MOTHERBOARD IS A GREAT WAY TO
HAVE YOUR MESSAGE HEARD!

SEND YOUR FULLY EDITED MATERIALS TO
MOTHERBOARD@SYPHUSTRAINING.COM

ARE YOU A MEMBER LOOKING TO ADVERTISE YOUR BUSINESS OR SERVICE?
SEND AN EMAIL TO THE ABOVE ADDRESS FOR RATES AND ADDITIONAL INFO.



SLOPE

EL CYCLE X 2

1. BONSAI 3-1-4-2-4-1
2. TWO-STEP (20) + RUN
3. STAMPEDE
4. TYSONS
5. SWAGGIN 1:1
6. MT. CLIMB (20) + RUN
7. TROMBONE 6+
8. GORGON (8) + RUN
9. INCH WORM
10. MONGOOSE
11. SKATES
12. MIM 3-2-4-2-3-1

A

B

C

D

E

F

1-12 [A-F]
 12-1 [F-A]
 3-10 [B-E]
 10-3 [E-B]
 5-8 [C,D]
 8-5 [D,C]

1,2,3
 2,3,4
 3,4,5
 4,5,6
 5,6,7...

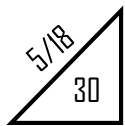
MESA

1. HACK-IT
2. REV BEAR
3. SKY HIGH 4-1
4. TIPPY-TAP
5. SHOT PUT
6. PLATE PUSH
7. MASTODON
8. SUICIDE 2-1-3-1-4-1
9. STORK (20) + TZN
10. WICCA

1,
 1,1,2
 1,1,1,2,2,3
 1,1,1,2,2,2,3,3,4
 1,1,1,1,2,2,2,2,3,3,3,4,4,5

AND 1

1. BOVINE
2. EN GARDE
3. ROW STROLL 6+
4. YIKES!
5. MATTADOR Ⓛ



SLOPE

CENTAUR3

1. RUN
2. SKIPS
3. SKATES
4. TURKEY
5. SUE-STEP (20) + RUN
6. MOGUL (20) + RUN
7. HOPSCOTCH
8. X PP
9. MONKEY
10. PISTON (10) + TZN
11. 45°
12. BUCKS

III
222
333
444...

A.

1. GROWLER
2. CYCLONE (12) + TZN
3. JIGGY (20) + RUN
4. BANDIT (20) + RUN
5. DELAURA
6. SUICIDE 2-1-3-1-4-1

1.AA
1.2.BB
1.2.3.CC
1.2.3.4.DD
1.2.3.4.5.EE
1.2.3.4.5.6.FF

B.

XION2

- A. SAWED OFF (10) + TZN
- B. ALT. SQUONQ
- C. INFINITY (20) + RUN
- D. PUSH UP (10) + RUN
- E. POTTY SHOT
- F. M.F.T.

CROSS-FIRE

C.

1. 3 PT. STANCE
2. MIEL'S WHEELS
3. CURL PRESS 5+
4. CROAKIN
5. SL MANTIS (8) + RUN
6. PRIMATES 4-1-3-1-2-1

- A. CRAZY LEGS
- B. RESURRECTION

5/19

32

SLOPE

ORDER

U-TURN

MTN

MTN2

MTN

UPLIFT

MTN

FADED HYBRID2

MTN

1-8, 8-1

U-TURN

A.

1. EN GARDE
2. SHUTTLE RUN 3-2-4-2-3-1
3. STAT SWAG (20) + TZN
4. SKATES
5. HIKES
6. NEAPOLITAN
7. LYCAN (10) + RUN
8. CROOKED PIN

1

1,2,1

1,2,3,2,1

1,2,3,4,3,2,1

UPLIFT

C.

1. JACKALOPE
2. BONSAI 3-1-4-2-4-1
3. B.O.R. (15) + TZN
4. ANACONDA

RAPTURE

1.

1,2

1,2,3

MTN



1. REV B.N.C.
2. RUN
3. PROWLER Ⓛ

1-2

1-4

1-6

1-8

MTN2

B.

1. SUICIDE 2-1-3-1-4-1
2. JAGGER (12) + RUN

3. BULLDOG
4. SPIKES

5. INFINITY (20) + RUN
6. SHALO 1:1

7. ALI 22+
8. JUNKIE JUMP (8) + RUN

1,1,2,2,3,3,4,4

2,2,3,3,4,4

3,3,4,4

4,4

FADED HYBRID2

D.

1. OFFERING
2. PETRA
3. HOT COALS (10) + RUN
4. X PP



SLOPE

- 1-3, 4A
- 1-3, 4B
- 1-3, 4C
- 1-3, 4D
- 1-3, 4E
- 1-3, 4F
- 1-3, 4G

REPTILIAN

- 1. SHUFFLE
- 2. QUICK FT. (20) + RUN
- 3. W. GREMLIN

-
- 4A. TOES (20) + RUN
 - 4B. MOGUL (20) + RUN
 - 4C. SUPP (10)
 - 4D. REV VIPER
 - 4E. SQ. THRUST (10) + RUN
 - 4F. SLUSKI
 - 4G. BRDG BENCHED (30) + TZN

COMPLETE IN A CHECKLIST MANNER PERFORMING EACH TASK AS MANY TIMES NOTED.

CHAOS

- 2 DIABLO
- 1 WIZARD
- 4 TYSON
- 1 SWASHBUCKLER
- 2 ROW STROLL 6+
- 3 RAMBO (10) + RUN
- 1 O-B.O.R. (10) + TZN
- 4 APE SHOOT!
- 2 SHWAGGIN 1:1
- 1 TOP SHELF (8) + TZN
- 3 YETI
- 2 LUMBERJACK (8) + RUN
- 2 MANTIS (8) + RUN
- 1 HAMSTRUNG

PUSH, TASK, TASK
PUSH, TASK, TASK
PUSH, TASK, TASK...

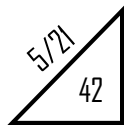
EVERY OTHER GAUNTLET

- PLATE PUSH
- 1. DENSER 2-1-3-1-4-1
- 2. MONGOOSE
- PLATE PUSH
- 3. REV PLATE PUSH
- 4. TIPPY-TAP
- PLATE PUSH
- 5. ARACHNID
- 6. VEXED (10) + RUN
- PLATE PUSH
- 7. CHICKIN 2-1-3-1-4-1
- 8. SLALOM
- PLATE PUSH
- 9. TORO
- 10. BULLY
- PLATE PUSH
- 11. DEVIL
- 12. TROG

1-4
2-4
3,4
4

FADED

- 1. JABBERWOCKY
- 2. TALL ORDER 6+
- 3. RIBBITS (10) + RUN
- 4. REVIVAL



SLOPE

PERFORM ALL BLACK TASKS IN CHECKLIST FORMAT.
PERFORM ALL REDS NOTED IN PROGRESSION.

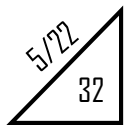
LABYRINTH

- 1. SUICIDE 2-1-3-1-4-1
 - 2. TWO-STEP (20) + RUN
 - 3. SWAGGIN 1:1
 - 4. STAMPEDE
 - 5. MT. CLIMB (20) + RUN
 - 6. RIBBITS (10) + RUN
 - 7. QUICK FT. MADNESS 10
 - 8. SKY HIGH 4-1
 - 9. X PP
 - 10. HIKES
- A-D, D-A
B-C, C-B
- EL CYCLE**
- A. MANTIS (8) + RUN
 - B. SL GORGON (8) + RUN
 - C. REV BEAR
 - D. STAT HALD (18) + TZN
 - 23. TURKEY
 - 24. TARASQ
 - 25. SQUIBBLE
- 26. BANDIT (20) + RUN
 - 27. ROT. SQUAT
 - 28. SKULLS (10) + TZN
 - 29. ROW STROLL 6+
 - 30. ALI 22+
 - 31. EN GARDE
 - 32. CURL WALK 6+
 - 33. KOBOLD
 - 34. MONTAUK
- MTN A
A.B
A.B.C
A.B.C.D
- A. BUNYAN
 - B. BULLFROG
 - C. JACK BOX
- 41. KAMIKAZE 4-3-4-2-4-1-4-1
 - 42. POTTY SHOT
 - 43. SAWED OFF (10) + TZN
 - 44. SKIPS
 - 45. SA PP

- 46. D-PINNED 2-1-3-1-4-1
 - 47. REV GREMLIN
 - 48. V-STEP (10) + RUN
 - 49. APE SHOOT!
 - 50. GALLOW 2-1-4-3-4-1
- FADED2 A-D
C.D
- A. TWEAKER Ⓛ
 - B. MONKEY
-
- C. LYCAN (10) + RUN
 - D. JACKAL
- 57. ALT SQUONQ
 - 58. TIP TOES (20) + RUN
 - 59. HOT COALS (10) + RUN
 - 60. OFFERING
 - 61. SPIKES
 - 62. KITCHEN SINK (10) + TZN
 - 63. MASTODON
 - 64. PLATES SHAKE 9+

- 65. SHUFFLE
- A.B.C.C
B.C.D.D
- RIPPLED**
- A. SL INCH
 - B. SL OGRE (10) + TZN
 - C. RDL (8) + TZN
 - D. G.B.D. (15) + RUN
- 74. BUTT KICKS
 - 75. ENFORCER
 - 76. HAG 1:1
 - 77. CROOK
 - 78. VIPER
 - 79. MUGGER (12) + RUN
 - 80. FLAMINGO (6) + TZN
 - 81. REV HYDRA
 - 82. SQ. JUMP (10) + RUN
 - 83. NEAPOLITAN
 - 84. RAMPANT (10) + RUN
 - 85. BUZZARD

- 86. PUSH UP (10) + RUN
- 87. SUE-STEP (20) + RUN
- 88. TROG
- 89. GIMPY DOG
- 90. PRIMATES 4-1-3-1-2-1



SLOPE

1-3
1-6
1-9
1-12

MTN3

1. BONSAI 3-1-4-2-4-1
2. EN GARDE
3. HOT COALS (10) + RUN

4. V-STEP (10) + RUN
5. RAMBO (10) + RUN
6. HIKES

7. BOVINE
8. SA PP
9. PEG LEG (8) + RUN

10. STORK (20) + TZN
11. B.O.R. (15) + TZN
12. SLING SHOT 3-2-4-2-3-1

1
1,2,2
1,2,3,3,3
1,2,3,4,4,4,4
1,2,3,4,5,5,5,5,5

VERTEX

1. BENCHED (30) + TZN
2. GRECO
3. SQ. JUMP (10) + RUN
4. SWAGGIN 1:1
5. VENOM

1-12
1,1
2,2
3,3...

CHECKLIST then C2

1. GALLOW 2-1-4-3-4-1
2. TRIFECTA! 6+
3. JACKALOPE
4. KOBOLD
5. K.O.D. (20) + TZN
6. HANG (10) + RUN
7. O-PINNED 2-1-3-1-4-1
8. WARLOCK
9. SHOT PUT
10. TROG
11. BULLDOG
12. TAKE OFF!



SLOPE

HUNTER GATHERER

"BUMP DAY" 4/24/17

Start by completing the tasks in Checklist manner. Then, at the 45:00, 25:00 and 5:00 marks you will have 5 minutes to catch as many Jackalopes as possible. If you complete the 1-60 Checklist start over to complete 1-20 in the Green Box.

To catch a Jackalope you must Tarzan the plate to 4, leave it there, perform ANY crawl to line 1 and back to 4, then Jackalope the plate back to line 1.

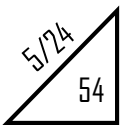
After the 5 minutes of hunting are up, tally how many Jackalopes you've snagged and your PRO will award you with 12 points per catch on top of your final checklist score.

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. TOES (20) + RUN
3. SHUFFLE
4. SWAGGIN 1:1
5. TYSONS
6. SQUONK
7. RIBBITS (10) + RUN
8. HIKES
9. CYCLONE (12) + TZN
10. LYCAN (10) + RUN
11. JIGGY (20) + RUN
12. HANG (10) + RUN
13. BOVINE
14. SUICIDE 2-1-3-1-4-1
15. X PP
16. HOT COALS (10) + RUN
17. TROG
18. CURL WALK 6+
19. POTTY SHOTS
20. VENOM

21. REV BEAR
22. W. GREMLIN
23. V-STEP (10) + RUN
24. ROW STROLL 6+
25. BUCKS
26. SKY HIGH 4-1
27. SWASHBUCKLER
28. PUSH UPS (10) + RUN
29. O-PINNED 2-1-3-1-4-1
30. MONGOOSE
31. SAWED OFF (10) + TZN
32. BUZZARD
33. SPIKES
34. JACK-ASS
35. HIGH Xs
36. MIEL'S WHEELS
37. INCH WORM
38. EN GARDE
39. HALO 2-1-3-1-4-1
40. SKULLS (10) + TZN

41. ALI 22+
42. RAMPAGE (12) + RUN
43. TARASQ
44. SA P.P.
45. APE SHOOT!
46. GALLOW 2-1-4-3-4-1
47. DIABLO
48. SKATES
49. BANDIT (20) + RUN
50. REV B.N.C.
51. QUICK FT. (20) + RUN
52. GIMPY DOG
53. BULLY
54. SHOT PUT
55. BONSAI 3-1-4-2-4-1
56. TYPHON
57. 90° PISTON (10) + TZN
58. KOBOLD
59. MIM 3-2-4-2-3-1
60. PLATE PUSH

Note: You must complete the full task you're on before each hunting period. It MAY be wise to rest prior to hunting if the task prior to it requires a minute or more to execute.



SLOPE

BODY WEIGHT MESA

1,2,3
2,3,4
3,4,5
4,5,6
5,6,7...

1. QUICK FT. (20) + RUN
2. BONSAI 3-1-4-2-4-1
3. TOES (20) + RUN
4. JIGGY (20) + RUN
5. LYCAN (10) + RUN
6. RIBBITS (10) + RUN
7. GARGOYLE
8. CROOK
9. FLYING MONKEY
10. MOGUL MADNESS 10
11. SKUFFLE
12. TYPHON

KEY BELOW CIRCUIT

INTERRUPTED MTN GLUED PLATE

1. TROMBONE 6+
2. 0-PINNED 2-1-3-1-4-1
3. SHWAGGIN 1:1
4. RDL (8) + TZN
5. SAWED OFF (10) + TZN
6. DEATH ROW 2-1-3-1-4-1

1,
1,2
1,2,3 CHECKLIST
1,2,3,4
1,2,3,4,5 CHECKLIST
1,2,3,4,5,6

1-3
CHECKLIST

1. STAMPEDE
2. TYSON
3. TURKEY

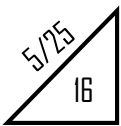
1-3
CHECKLIST

1. HIGH Xs
2. KOBOLD
3. ALI 22+

1-10
10-1
1-10

GROUNDED W

1. PLATE PUSH
2. MONTAUK
3. DIABLO
4. NEAPOLITAN
5. YETI
6. BOULDER
7. SLIGER
8. CRAY-CRAY
9. GRYPHON (8) + PUSH
10. SCORPION TO 3/BACK



SLOPE

- 1,2,1,3,1,4,1,5
- 2,3,2,4,2,5
- 3,4,3,5
- 4,5

=IBRIOUS

1. SUICIDE 2-1-3-1-4-1
2. SUE-STEP (20) + RUN
3. SKUFFLE
4. YIKES!
5. TALL ORDER 6+

- 1-3, 4A
- 1-3, 4A, 4B, 5A
- 1-3, 4A, 4B, 4C, 5A, 5B, 6A
- 1-3, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 6A, 6B, 7A



VOYAGE

1. JIGGY (20) + RUN
2. REV MASTODON
3. TARASQ

-
- 4A. TURKEY
 - 4B. CHICKIN 2-1-3-1-4-1
 - 4C. VENOM
 - 4D. FLAMINGO (6) + TZN

-
- 5A. SWAGGIN 1:1
 - 5B. RDL (8) + TZN
 - 5C. MOGUL TO FROG 6

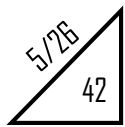
-
- 6A. COBRA (10) + PUSH
 - 6B. BONSAI 3-1-4-2-4-1

7A. ORCA to 3/BACK

- 1, 12
- 1,2,11,12
- 1,2,3,10,11,12
- 1,2,3,4,9,10,11,12
- 1,2,3,4,5,8,9,10,11,12
- 1-12

FILLING

1. POTTY SHOT
2. GIMPY DOG
3. BANDIT (20) + RUN
4. STACK SHOT
5. SLAP JACK
6. OOZIE
7. JANGLE LEG3
8. MANTIS (8) + RUN
9. W. CROOK
10. WARRIOR
11. SPEED SKATES (20) + RUN
12. SKATES



SLOPE

CROSS LISTS

PERFORM EACH SECTION
AS A CHECKLIST
AND IN THE ORDER
OF A TRADITIONAL
CROSS FIRE CIRCUIT

1 A, 1 B, 1 C
2 A, 2 B, 2 C
3 A, 3 B, 3 C
4 A, 4 B, 4 C

1.

1. SHUFFLE
2. KAMIKAZE 4-3-4-2-4-1-4-1
3. SWAGGIN 1:1
4. ROW STROLL 6+

2.

1. TOES (20) + RUN
2. PINNED 2-1-3-1-4-1
3. B. LUNGE
4. 90° PISTON (10) + TZN

3.

1. GROWLER
2. ALT SQUONQ
3. SPIKES
4. TWISTED

4.

1. TYPHON
2. CURL PRESS 5+
3. SKIPS
4. PUSH UP (10) + RUN

A.

1. RAMBO (10) + RUN
2. ALI 22+
3. KNEELING SWAG (15) + TZN

B.

1. PLATE PUSH
2. OFFERING
3. VIPER

C.

1. JANGLE LEG3
2. PABLO
3. ANACONDA



SLOPE

1-3

1-3, 4-6, 4-6

1-3, 4-6, 4-6, 7-9, 7-9, 7-9

MT. NEVERLIST

1. QUICK FT. (20) + RUN
2. SKATES
3. W. GREMLIN

4. COALITION (10) + TZN
5. MIEL'S WHEELS
6. HIKES

7. SKULLS (10) + TZN
8. OGRE (10) + TZN
9. STATARDG (10) + RUN

PERFORM AS A MTN DOING EACH
TASK NUMBER OF TIMES INDICATED.

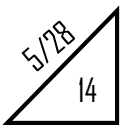
CHASM

- 1X
- 1 JAGGER (12) + RUN
 - 2 V-STEP (10) + RUN
- 2X
- 1 MONGOOSE
 - 2 CYCLONE (12) + TZN
- 3X
- 1 REV INCH
 - 2 STAMPEDE

TWISTED,
TASK,
TWISTED,
TASK...

TWISTED GAUNTLET

1. YETI
2. CRAISE (20) + TZN
3. INFINITY (20) + RUN
4. SHALD 1:1
5. SKUFFLE
6. WICCA
7. RIBBITS (10) + RUN
8. ABD. MANTIS (8) + RUN
9. YAK
10. SQUANTOES (20) + RUN
11. RDL (8) + TZN
12. STROW 1:1
13. TURKEY
14. MONTAUK



SLOPE

MEMORIAL DAY

ORDER: CHECKLIST 1-10, MTN, CHECKLIST 1-5 (CARDIO), XION, CHECKLIST 1-10, MT. NEVEREST, CHECKLIST 6-10 (GLUED PLATE), REPTILIAN

CHECKLIST

1-10

- C
A
R
D
I
O
1. SUICIDE 2-1-3-1-4-1
 2. SKIPS
 3. ALT SQUONQ
 4. HOT COALS (10) + RUN
 5. TURKEY
 6. SWAGGIN 1:1
 7. OFFERING
 8. ROW STROLL 6+
 9. TALL ORDER 6+
 10. D-PINNED 2-1-3-1-4-1
- GP
LL
UA
ET
DE

- 1
- 1.2
- 1.2,3
- 1.2,3,4
- 1.2,3,4,5

MTN

1. MONTAUK
2. HANG (10) + RUN
3. V-STEP (10) + RUN
4. 3 PT. STANCE
5. VOODOO

- 1
- 1.22
- 1.22,333

MT. NEVEREST

- 1X PETRA
- 2X SQUIBBLE
- 3X NEAPOLITAN

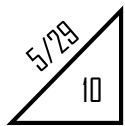
- 1, A
- 1.2, B
- 1.2,3, C
- 1.2,3,4, D
- 1.2,3,4,5, E

XION

1. JAGGER (12) + RUN
 2. TAKE OFF!
 3. TYSONS
 4. MONKEY
 5. 313
- A. SPIDOTO
 - B. B. LUNGE
 - C. SKULLS (10) + TZN
 - D. RDL (8) + TZN
 - E. TROG

REPTILIAN

- 1-4, 5A
 - 1-4, 5B
 - 1-4, 5C
 - 1-4, 5D
1. MIEL'S WHEELS
 2. BOVINE
 3. W. GREMLIN
 4. BANDIT (20) + RUN
-
- 5A. GROOTSLANG
 - 5B. JACK ASS
 - 5C. VEXUM
 - 5D. PIRATE



SLOPE

1-2
1-4
1-6
1-8
1-10

MTN2

1. TWO-STEP (20) + RUN
2. EN GARDE

3. HOT COALS (10) + RUN
4. RAMPAGE (12) + RUN

5. PLATE PUSH
6. KNEELING SWAG (15) + TZN

7. SPEED SKATES (20) + RUN
8. AMAROK

9. DEMONIC (6) + TZN
10. SL GORGON (8) + RUN

NEW!

1-3, 4A, 5-7
1-3, 4B, 5-7
1-3, 4C, 5-7
1-3, 4D, 5-7

MID-REPTILIAN2

1. BANDIT (20) + RUN
2. APE SHOOT!
3. TARASQ

- 4A. GRECO
- 4B. G.B.D. (15) + RUN
- 4C. O-B.O.R. (10) + TZN
- 4D. TUCKS (10) + RUN

5. CRAZY LEGS
6. SHUTTLE RUN 3-2-4-2-3-1
7. GROWLER

PERFORM AS A CHECKLIST
DOING EACH TASK NUMBER
OF TIMES NOTED. PATTERN IS
UNIFORM THROUGHOUT.

MATTERHORN

- 3 MT. CLIMB (20) + RUN
- 2 ALI 22+

- 1 LOWLY (10) + RUN

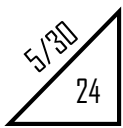
- 3 RAMBO (10) + RUN
- 2 SCURL 1:1
- 1 RAZOR

- 3 TALL ORDER 6+
- 2 REV BULLDOG
- 1 WALRUS

- 3 SQUONK
- 2 HANG MADNESS6
- 1 CHICKIN 2-1-3-1-4-1

- 3 SLAP JACK
- 2 CURL WALK 6+
- 1 NEAPOLITAN

- 3 YIKES!
- 2 SA PP
- 1 JOUNCE 2-1-3-1-4-1



SLOPE

1-6, 6-1

2-5, 5-2

3,4,4,3

EL CYCLE

1. KAMIKAZE 4-3-4-2-4-1-4-1
2. QUICK FT. (20) + RUN
3. STAMPEDE
4. PLATE SHAKE 9+
5. LYCAN UP (10) + RUN
6. BUCKS

1,2,1,3,1,4,1,5

2,3,2,4,2,5

3,4,3,5

4,5

=IBRIOUS

1. BENCHED (30) + TZN
2. SPIKES
3. SHOT PUT
4. TIPPY-TAP
5. KOBOLD

1-5

1-5

1-5

CHECKLIST(3)

1. INCH WORM
2. BONSAI 3-1-4-2-4-1
3. SA DIABLO
4. W. CROOK
5. SA PP

1-15

1-10

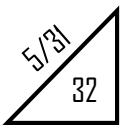
1-5

REV MTNS

1. TYSON
2. SQ. JUMP (10) + RUN
3. TURKEYS
4. GREGORIAN (8) + RUN
5. V-STEP (10) + RUN

6. APE SHOOT!
7. TROG
8. B.N.C.
9. REV BEAR
10. DENSER 2-1-3-1-4-1

11. SAWED OFF (10) + TZN
12. ROTATING SQUAT
13. VENOM
14. STORK (20) + TZN
15. AMAROK



SLOPE

1A, 2A, 3A, 4A, 5A
1B, 2B, 3B, 4B, 5B
1C, 2C, 3C, 4C, 5C

CROSS-FUSION

- 1. HIGH Xs
- 2. TIP-TOES (20) + RUN A. BONSAI 3-1-4-2-4-1
- 3. HIKES B. BULLY
- 4. CRAISE (20) + TZN C. PRIMATES 4-1-3-1-2-1
- 5. JACK BOX

VERTEX

1
1,2,2
1,2,3,3,3
1,2,3,4,4,4,4
1,2,3,4,5,5,5,5,5

- 1. SUCK UPS
- 2. PINNED 2-1-3-1-4-1
- 3. POTTY SHOT
- 4. STAMPEDE
- 5. CRAY-CRAY

1,2,3,3
2,3,4,4
3,4,5,5
4,5,6,6
5,6,7,7
6,7,8,8
7,8,9,9
8,9,10,10

RIPPLED

- 1. SKUFFLE
- 2. TRIFECTA! 6+
- 3. JACKAL
- 4. SUICIDE 2-1-3-1-4-1
- 5. VIPER
- 6. F. LUNGE
- 7. QUICK FT. (20) + RUN
- 8. JABBERWOCKY
- 9. HOPSCOTCH
- 10. ARACHNID

THE MODIFICATION INDEX

FOR AN UPDATED LIST OF OUR TASKS, APPROPRIATE MODIFICATIONS AND INSTRUCTIONS ON HOW TO USE THE MODIFICATION INDEX, PLEASE REFER TO THE LINK TITLED OFFICIAL 2018 MODIFICATION INDEX LISTED UNDER OUR 'NEWS' TAB AT [WWW.SYPHUSTRAINING.COM](http://www.syphustraining.com).

THE FULL HYPERLINK CAN ALSO BE INSERTED INTO YOUR BROWSER AT <http://news.syphustraining.com/wp-content/uploads/2018/04/ModificationIndex2018.pdf>

CIRCUIT GLOSSARY – BASE PROGRESSIONS

The Circuit Glossary contains the majority of Syphus Training's base circuits including a numerical example. From time-to-time Syphus Training will create new circuits, progressions and themes that are not included in this Circuit Glossary. These new circuits should be explained in more detail on the Motherboard featuring that circuit. The following is a reference for the most frequently used progressions.

CIRCUIT	EXPLANATION
Barn Burner	Pick one task from each grouping of tasks, perform it once, then the "Barn Burning" task once. Second time around, pick a NEW task from each grouping, perform it twice, then the "Barn Burning" task twice. Continue 3X, 4X. Never repeat a task. Choose wisely!
Cavity	Extract the middle portion of a checklist, usually two at a time. Very similar to a Shrinking MTN, 1-10, 1-4, 7-10, 1-3, 8-10, 1-2, 9-10, 1, 10
Centaur #	Centaur 2 = II, 22, 33... Centaur 3 = III, 222, 333... Centaur 4 = ...
Ceptilian #	Centaur and Reptilian combined. II223344 5A, II223344 5B...
Chaos	Do every task the number of times that is written next to it
Chasm	Chaos & MTN combined. Do every task the amount that is written next to it in MTN format
Checklist	One of each task. 1-10
Checklist #	One of each task and repeat the number of times asked. Check-list (2) = 1-10, 1-10
Cross-Fire	IA IB IC, 2A 2B 3C, 3A 3B 3C...

CIRCUIT	EXPLANATION
Cross-Fusion	IA 2A 3A, IB 2B 3B, IC 2C 3C...
Dark Side	1-5 (Left), 1-4 (Left) 5 (Right), 1-3 (left) 4-5 (Right), 1-2 (left) 3-5 (right)...
Darwin	Evolution of Syphus tasks in Check-list form
Denali	1↓ 1→, 2↓ 2→, 3↓ 3→...
Ecycle	1-5, 5-1, 2-4, 4-2, 3, 3
Encephalon Nebulous	Often a new circuit(s) in testing. Some of them may have intentionally difficult progressions to engage the mind and body.
Equalateral	121314, 4, 3, 4, 2, 4, 1, 2, 3, 3, 2
Equalibrious	12, 13, 14, 15, 23, 24, 25, 34, 35, 45

CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Expanding MTN	5-6, 4-7, 3-8, 2-9, 1-10
Faded	1-6, 2-6, 3-6, 4-6, 5-6, 6
Faded #	Faded (2) = 1-10, 3-10, 5-10, 7-10, 9-10
Filling	The opposite of a Cavity circuit, this progression fills in tasks, very similar to an Expanding MTN. 1,8,1,2,7,8,1,2,3,6,7,8,1,2,3,4,5,6,7,8
Find Muck	4 bears, 3 toes, 2 Toro, 1 M.F.T. → (take 1 off of each) 3 bears, 2 toes, 1 Toro → 2 bears, 1 toes → 1 bear
Full MTN	1, 12, 123, 1234, 12345, 1234, 123, 12, 1
Gauntlet	A Checklist with a specific task performed between each. Default Gauntlet is a Plate Push, if it is a different task it will be noted. Perform the "Gauntleted" task first, do not finish with the "Gauntleted" task.
Gone Finshin'	Mole Hills (baby mtns) with Pick Your Poison tasks following each Mole Hill. Chose wisely as the sections generally get harder and are paired intentionally.
Hell Cycle	Large Elcycle performed in chunks. 1-30, 30-1, 11-20, 20-11

CIRCUIT	EXPLANATION
Hybrid #	MTN & Centaur combined. Hybrid 2 = 11, 1122, 112233, 11223344 Hybrid 3 = 111, 111222, 111222333...
If/Then	A Pick Your Poison type circuit where you'll have the choice in which presented task to do once. Depending on what you choose determines which succeeding task you do twice.
Jacob's Ladder	MTN starting at the bottom. 1121231234(4 turns into new 1)12123123(4,1)12123123(4,1)...The task in the rungs is always done twice, not three times.
Judgement Day	A timed workout. Get through the "Earth" circuit before the time cut off which will determine your fate of Heaven or Hell once you finish the entire Earth circuit. Generally the Hell portion will be tedious an lower scoring while the Heaven portion will yield higher scores with an easier flow.
K2	A true test of one's pain threshold! Perform the first section of tasks until you arrive at the first Equalizer. Perform the Equalizer tasks as many times as possible without stopping. Return to task number 1, perform all tasks to Equalizer 2. Perform Equalizer 2 as many times as possible. Repeat the same steps through a third, or even fourth Equalizer. Bonus points for each Equalizer are given and are TBD.
Karma	Perform each task in the first section once. Then choose to do the KARMA Task defer it. In the next section of tasks perform each 2X. Choose to do the KARMA Task or defer. Perform the third section tasks 3X each. KARMA Task or defer. At the 50:00 mark all tasks that were deferred. Do not stop a task that you're in the middle of at the 50:00 mark - finish it - THEN go to deferred tasks. Then, after deferred tasks, pick up where you left off.
Labyrinth	A giant checklist with intermittent circuits called "walls" designed to stall your progress.
Light Side	Same as the Dark Side above. Checklists from left to right, however you work your way from harder to easier tasks.
Mad Hatter	4 large circuits with a "draw" after each circuit. Junkies pull a ticket, roll a die, flip a coin or even pick their fated task. Usually the tasks are more difficult and performed 3X however this can change Mad Hatter to Mad Hatter.
Math Lab	10 Circuits. Each circuit is worth 100 Points. Finish as many circuits as you can, in any order but never repeat a circuit. Scores are only rounded DOWN to the nearest 50. Must finish the 1/2 way part of the final circuit to receive 50 points.

CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Matterhorn	A fixed pattern consisting of 4 separate sections. A. 2 32 B. 2 32 C. 2 32 D. 2 32
Mesa	123, 234, 345, 456, 567, 678, 789, 8910.
Mole Hills	Series of mini MTNs where once you finish one you move on to the next one.
Mongrel	1→, 1→2→, 1→2→3→, 1→2→3→4→, 1→2→3→4→5→, then checklist A↓, B↓, C↓, D↓
Mt. Neverest	1,122, 122333, 1223334444, 122333444455555
MT. Olympus	Really Large MTN performed in chunks. Chunking may be random rather than fixed. 1-12, 1-24, 1-36 (fixed) - 1-10, 1-18, 1-24, 1-40 (random)
MTN	1, 12, 123, 1234, 12345
MTN #	MTN 4 = 1-4, 1-8, 1-12, 1-16
P.Y.P.	PYP stands for Pick Your Poison and is often in reference to a Centaur2. In this format the workout presents you with 2 tasks, choose one OR the other and perform it twice. This is the base workout for our March Mayhem competition. Note: There are other instances where we PYP, it may be choosing between circuits or tasks.
Peaks	Series of 4 or 5 separate MTNs moving left to right. 1→, 12→, 123→, 1234→ take off the last MTN...

CIRCUIT	EXPLANATION
PTI MTN	Perform the MTN, MTN2, MTN3, MTN4 as usual, however periodic check-points, called interruptions, take you away from the MTN to a fresh circuit that needs to be completed before going back to the MTN's first task.
Rapture	This workout looks similar to Mad Hatter. There is a center circuit that needs to be performed between each larger circuit. Sometimes the center circuit is FIRST which means it is an easier circuit and a break from the other circuits, while on the other hand, sometimes the center circuit is performed AFTER the first large circuit in which case the center is harder.
RedRum	Forward task to 4, reverse task to 1, repeat this step AGAIN to create two full tasks (one of each) then move on to #2.
Relapse	1, 12, 123 (Relapse), 1, 12, 123, 1234 (Relapse), 1, 12, 123, 1234, 12345
Reptilian	12345, 6A → 12345, 6B...
Reptilian #	Reptilian 3 = 12345, 6A6A6A → 12345, 6B6B6B...
Rev Elcycle	33, 2-4, 4-2, 1-5, 5-1
Rev Equalibrious	54, 53, 43, 52, 42, 32, 51, 41, 31, 21
Rev Hybrid	Rev Hybrid 3 = 111222333444, 111222333, 111222, 111
Rev Mole Hills	Series of mini reverse MTNs where once you finish one you move on to the next one.

CIRCUIT GLOSSARY – BASE PROGRESSIONS

CIRCUIT	EXPLANATION
Rev MTN	I-5, I-4, I-3, I-2, I
Rev MTN #	Rev MTN 4 = I-16, I-12, I-8, I-4
Rev Neverest	I223334444, I22333, I22, I
Rev Uplift	I2345432I, I23432I, I232I, I2I, I
Rev Vertex	I23455555, I234444, I2333, I22, I
Rev Zenith	I2334455566667778888, I23344555666, I23344, I2
Rippled (Mesa)	I233, 2344, 3455, 4566, 5677, 6788
Road Runner	Basically a Gauntlet with a ½ Plate Push, full sprint and another half Plate Push between each task. Again, plate push to 4, sprint/walk to 1 and back to 4, plate push back to 1, then Task. The idea is to break up that Plate Push a bit and the focus of the workout is on non + run/tzan tasks.
Serpent	Series of different mini circuits consisting of 4 or 5 tasks, once finished checklist ↑↓↑↓↑↓ snake like manner.
Shrinking MTN	I-10, 2-9, 3-8, 4-7, 5-6

CIRCUIT	EXPLANATION
Stripped MTN	do every task the number of times it would be done when doing a MTN. IIIII, 2222, 333, 44, 5
The Cube	Start by performing the first task and work your way outwards from the center by performing MTNs on each arm. Always start at the three o'clock arm and move clock-wise. Center task, first task to the right, center, first task lower right corner, center task, task immediately below. Continue this sequence until you arrive back to the beginning. Add the second task and perform in MTN format. Cubes often finish with 8 difficult tasks on the exterior.
The Hive	Exact same as the above with "honeycomb" shapes. This allows for 6 "arms" rather than the above 8 "arms". The Hive often features a "swarm" warm-up prior to entering The Hive and then 6 hard tasks upon exiting.
The Junket	Junkies pick their favorite tasks (usually 3 per Junkie) and create the circuit together. This workout often yields a 30-day score.
Uplift	I, I2I, I232I, I23432I, I2345432I
U-Turn	I-10, 10-1
Vertex	I, I22, I2333, I234444, I23455555
Xion	MTN 6 Cross-Fire combined. IA, I2B, I23C, I234D, I2345E..
Xion #	A Xion pattern with the tasks on the right side (with the letters) performed the number of times noted in the title of the Xion. Xion2 = I AA, I2BB, I23 CC
Zenith	I2, I23344, I23344555666, I233445556667778888

THE SYPHER

THE SYPHER IS THE SYPHUS TRAINING CODE OF CONDUCT. TAP IN. TAME IT. LET IT OUT.

FORM FIRST

PERFORM EACH TASK TO THE BEST OF YOUR ABILITY. DON'T CHEAT YOURSELF.

COMPETITION SECOND

COMPETITION IS THE HEART OF SYPHUS BUT SECONDARY TO FORM. YOU ARE YOUR GREATEST COMPETITION.

NO SCORE? LET US KNOW BEFORE

NOT ALL WORKOUTS NEED TO COUNT FOR A SCORE. TO PREVENT STAT PADDING, LET YOUR PRO KNOW BEFORE GAMETIME THAT YOU WISH TO OPT OUT.

AVOID THE FORBIDDEN 4

1. NEVER STOP SHORT OF THE END ZONE
2. NEVER SWITCH PLATES MID-WORKOUT
3. NEVER PERFORM A + RUN/TZN TASK OUTSIDE OF THE END ZONE
4. NEVER INTENTIONALLY SKIP A TASK

FOLLOW THE BOARD, NOT THE HERD

YOU'LL NEVER LEAD THE PACK IF YOU'RE ALWAYS FOLLOWING. AIM TO COMMIT TASKS AND PROGRESSIONS TO MEMORY. SYPHUS IS MEANT TO ENGAGE THE MIND AS WELL AS THE BODY.

THE PRO IS YOUR COACH, NOT A REFEREE

ANY CRITICISM FROM YOUR PRO IS FOR YOUR SAFETY AND BETTERMENT OF YOUR WORKOUT.

STUPIDITY IS NEVER REWARDED

- A TASK PERFORMED OUT OF ORDER IS NOT GIVEN CREDIT
- IF YOU PERFORM A TASK OUT OF ORDER, CALL IT OUT TO THE PRO AND THE JUNKIE NEXT TO YOU
- REDEEM ANY TASKS PERFORMED OUT OF ORDER
- IF YOU'RE UNSURE WHAT REP YOU'RE ON; DO ANOTHER

LET IT OUT

PROFANITY AND PRIMAL OUTBURSTS ARE PERMITTED, IF NOT ENCOURAGED.

EMBRACE THE HANGOVER